

Helpful Resources

Depending on the cause of the fall, there are many helpful national and NJ resources available to prevent falls. Call, write or email these helpful sites.

For children:

National SAFE KIDS Campaign

1301 Pennsylvania Avenue, NW, Suite 1000
Washington, DC 20004
(202) 662-0600

www.safekids.org



For public employers/employees:

NJ Department of Labor and Workforce Development

Office of Public Employees
Occupational Safety & Health (PEOSH)
P.O. Box 386, 1 John Fitch Plaza
Trenton, NJ 08625-0386
(609) 292-2425

For private employers/employees:

NJ Department of Health and Senior Services

Occupational Health Surveillance Program
(609) 984-1863
Fatality Assessment and Control Evaluation (FACE) Project

www.nj.gov/health/eoh/survweb/face.htm

Census of Fatal Occupational Injuries (CFOI) Project

www.nj.gov/health/eoh/survweb/survact.htm#CENSUS

National Health Institute for Occupational Safety and Health (NIOSH)

1-800-356-4674

NIOSH Safety and Health Topic:

Falls from Elevation

www.cdc.gov/niosh/injury/traumafall.html

Occupational Safety and Health Administration (OSHA)

1-800-321-6742

Safety and Health Topics: Fall Protection

www.osha.gov/SLTC/fallprotection/index.html

New Jersey OSHA Consultation Program: New Jersey Department of Labor and Workforce Development

P.O. Box 386, 1 John Fitch Plaza
Trenton, New Jersey 08625-0386
(609) 777-0249

Website: <http://www.state.nj.us/labor/>

For community seniors:

Contact your county office on aging through the NJ Ease Toll free # 1-877-222-3737

Senior Falls, A Tool Kit to Prevent Falls

The National Center for Injury Prevention and Control,
Division of Unintentional Injuries
4770 Buford Highway NE
Atlanta, GA 30341-3724
Phone: 770-488-1506
Email: OHCINFO@cdc.gov

FALLEN DOWN?

Step in the right
direction for a
healthy, active life



Jon S. Corzine
Governor



Fred M. Jacobs, M.D., J.D.
Commissioner

Who Falls & Why?

Falls are a major public health problem for people of all ages. Did you know...

- ❖ Falls result in over 3,000 hospitalizations annually for NJ children ages 0-19¹
- ❖ Falls occur more often among labor force workers age 55 and older²
- ❖ Falls effect more than 1/3 of community residing seniors 65 and older³
- ❖ Of all deaths in New Jersey from falls, 70 percent occur in those 65 and over⁴
- ❖ Falls account for 75% of elderly hip fractures (236,000 fractures yearly)
- ❖ Falls are the largest cause in the elderly of traumatic brain injuries

While falls can occur anywhere (public places, playgrounds, worksite and home), fall causes are the same and include:

- ❖ **Environment**- outdoors or indoors, slips due to spills or trips from un-even floor surfaces, obstacles, or improper shoe-wear
- ❖ **Medications**-that cause confusion, drowsiness, changes in heart rate or blood pressure
- ❖ **Medical conditions**- sudden or chronic conditions of the brain, circulation, joints, balance system, eyes or ears

- ❖ **Sensory loss**- from visual and hearing impairments to loss of sensation in the feet

When Falls are Serious...

A fall can be serious at any age. We often think about falls as accidents, but many are not. Serious falls can result in:

- ❖ Emotional trauma like fear or reduced confidence
- ❖ Physical injury to the brain, skull or bones
- ❖ Death
- ❖ Changes in lifestyle
- ❖ Reduced mobility or independence

What Can I Do?

There are some easy steps you can take after a fall, to help prevent another fall.

STEP 1:

Report the fall to your health care provider. They can help determine the cause of your fall and prevent additional falls. This is especially important *if you have frequent or unexplained falls.*

Your provider will:

- ❖ Review your fall experience, history and examine you

- ❖ Review your medications
- ❖ Order x-rays or other tests
- ❖ Refer you to a specialist, if needed

STEP 2:

Keep a written record of what happened at the time of the fall.

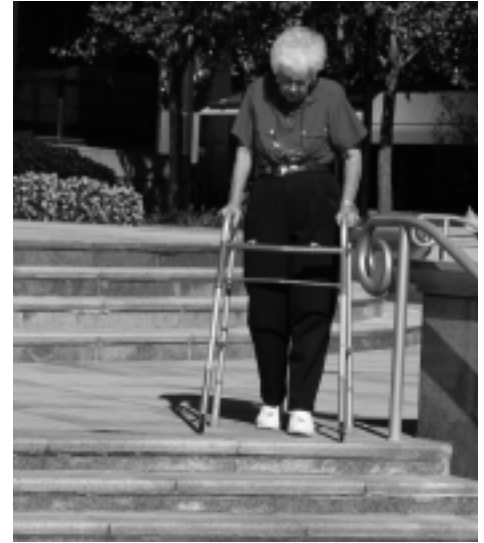
What were you doing? Did you have any strange symptoms like feeling dizzy or having wobbly legs? Bring this record to your health care provider.

STEP 3:

Look around the area of the fall. Are there any obstacles, spills or loose carpeting? If in the bathroom, are there grab rails for support? Your health care provider can in many cases refer a home-care specialist to evaluate your home. Check your local home improvement center for devices and fall prevention aides.

STEP 4:

Evaluate your shoes or slippers. Do they have non-skid or rubber soles? Is the pant leg- length too long...causing a trip? If replacing new shoes, look for those with ankle support as well as sturdy soles.



1 New Jersey Department of Health and Senior Services, *Injury Trend Data 1994-2003*, Maternal and Child Health Epidemiology, Division of Family Health Services
2 New Jersey Department of Health and Senior Services, *New Jersey Census of Fatal Occupational Injuries*

3 Center for Disease Control, *Fall-related unintentional Injuries in the United States.*
4 Healthy New Jersey 2010, A Health Agenda for the First Decade of the New Millennium, New Jersey Department of Health and Senior Services, 1999.